

USDA National Nutrient Database for Standard Reference Release 28

Statistics Report 01141, Egg, turkey, whole, fresh, raw

Report Date: December 09, 2015 17:04 EST

Nutrient values and weights are for edible portion.

| Nutrient | Unit | Value Per 100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|-----------------------------|------|--------------------|----------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Proximates | | | | | | | | | | | | | |
| Water | g | 72.50 | -- | 0.372 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Energy | kcal | 171 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| Energy | kJ | 716 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 01/2014 |
| Protein | g | 13.68 | -- | 0.613 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Total lipid (fat) | g | 11.88 | -- | 0.188 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Ash | g | 0.79 | -- | 0.049 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Carbohydrate, by difference | g | 1.15 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| Fiber, total dietary | g | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| Minerals | | | | | | | | | | | | | |
| Calcium, Ca | mg | 99 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Iron, Fe | mg | 4.10 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Magnesium, Mg | mg | 13 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| Phosphorus, P | mg | 170 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |

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| Potassium, K | mg | 142 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| Sodium, Na | mg | 151 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| Zinc, Zn | mg | 1.58 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| Copper, Cu | mg | 0.062 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Manganese, Mn | mg | 0.038 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Selenium, Se | µg | 34.3 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 12/1997 |
| Vitamins | | | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Thiamin | mg | 0.110 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Riboflavin | mg | 0.470 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Niacin | mg | 0.024 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Pantothenic acid | mg | 1.889 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| Vitamin B-6 | mg | 0.131 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| Folate, total | µg | 71 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| Folic acid | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 01/2001 |
| Folate, food | µg | 71 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| Folate, DFE | µg | 71 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 01/2001 |

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|------------------------------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Vitamin B-12 | µg | 1.69 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| Vitamin A, RAE | µg | 166 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 06/2002 |
| Retinol | µg | 166 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 06/2002 |
| Vitamin A, IU | IU | 554 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| Lipids | | | | | | | | | | | | | |
| Fatty acids, total saturated | g | 3.632 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| 4:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| 6:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| 8:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| 10:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| 12:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| 14:0 | g | 0.036 | -- | 0.007 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| 16:0 | g | 2.719 | -- | 0.075 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| 18:0 | g | 0.877 | -- | 0.053 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Fatty acids, total monounsaturated | g | 4.571 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| 16:1 undifferentiated | g | 0.672 | -- | 0.099 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| 18:1 undifferentiated | g | 3.899 | -- | 0.137 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |

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| Fatty acids, total polyunsaturated | g | 1.658 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| 18:2 undifferentiated | g | 1.166 | -- | 0.121 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| 18:3 undifferentiated | g | 0.079 | -- | 0.024 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| 20:4 undifferentiated | g | 0.127 | -- | 0.009 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Cholesterol | mg | 933 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Amino Acids | | | | | | | | | | | | | |
| Tryptophan | g | 0.219 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| Threonine | g | 0.672 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| Isoleucine | g | 0.855 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| Leucine | g | 1.201 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| Lysine | g | 0.924 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| Methionine | g | 0.442 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| Cystine | g | 0.326 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| Phenylalanine | g | 0.773 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| Tyrosine | g | 0.569 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| Valine | g | 0.985 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| Arginine | g | 0.876 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| Histidine | g | 0.330 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |

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| Alanine | g | 0.799 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| Aspartic acid | g | 1.357 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| Glutamic acid | g | 1.742 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| Glycine | g | 0.455 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| Proline | g | 0.543 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| Serine | g | 1.040 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |